



For years in my Christian life, I didn't see changes I longed for, even though I read my bible and prayed daily. God began to teach me some very practical strategies to apply the scripture, Romans 12:2.

These tools helped me manage the most challenging years of my life: empty nest, the passing of my mom, the mid-life crisis and apostasy of my husband, a major health, an unwanted divorce, loss of my home and church family...and the list goes on! Because of the grace of God, the Holy Spirit's presence in my life *and mind renewal tools*, I didn't lose myself completely in depression and despair.

Food, eating and body image have been the primary issues to which I have ministered to people through Thin Within, but the tactics God has inspired have helped with chronic illness, disappointing relationships, and other struggles. God promises transformation will be ours as *we renew our minds*.

I hope you enjoy this bible study.

Heidi Bylsma

1. Please look up Romans 12:1-2 in a current translation of the bible. (Online websites such as BibleGateway.com or BlueLetterBible.org have all kinds of translations. I suggest ESV, NIV, or even the NLT.)

Please write Romans 12:1-2 on the lines below **in your own words**:

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2. What are we told *not* to do in Romans 12:1-2?

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3. What are we told *TO* do in Romans 12:1-2?

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4. Please look up Philippians 1:6. What is promised in this verse and who will fulfill the promise?

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5. Read Matthew 6:25-34 in a current translation of the bible. How many times does Jesus encourage people not to worry or not to be anxious (or similar) in this passage? \_\_\_\_\_

6. List statements that tell you what you are *not* to be worried about:

_____	_____
_____	_____
_____	_____
_____	_____

7. What other aspects of *your* life that are not mentioned in this passage might you be concerned about and you know Jesus would encourage you not to be?

_____	_____
_____	_____
_____	_____
_____	_____

8. What are the reasons that Jesus gives for not being worried in this passage?

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_____
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9. Look up Philippians 4:8 and list below what you are told you are to think about (“...think about these things...”). Next to each, write a dictionary definition of what each one is. Or, for super-duper extra credit 😊 , look up the actual Greek words used and jot down what you find.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____



10. Look up any or all of the following passages and summarize what you find.

Passage	My summary of what it says	What God wants of me (to believe, change or do)
Colossians 3: 1-4		
Philippians 4:6-7		
Proverbs 4:23		
Ephesians 4:22-24		
2Corinthians 10:4-5		
Proverbs 3:5-6		
Isaiah 26:3		
Romans 8:5-7		
1Corinthians 2:16		
Philippians 2:5		
2Corinthians 4:16-18		



11. When you consider the struggle with diet, exercise, body image, etc., what do you think is a biblical perspective on the focus placed on the body and the focus placed on the mind?

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12. What might you say to someone who says you are “over-spiritualizing” the challenges you have with your weight, eating, and physical health?

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13. Read 1 Timothy 4:8. What value does physical training have? What value does training in godliness have? Are we called to do *both*? Why or why not? Can you find Scripture that elaborates on this concept?

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14. What is your plan to train yourself to think God’s thoughts? How can you do that?

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I hope you aren’t in a season like the one God used in my life to teach me tools like the God List, PraiseFest, Victory List, Lessons Learned, and more. Rest assured that “better, instead of bitter” is more than a pithy statement. We *can* become victors instead of *victims*. God will take our “straw” and spin it to gold! We will be transformed!

If you would like training in The “Mind Renewal Toolbox,” please visit Renewed Life Mentoring at <http://www.renewedlifementoring.com>. If you have challenges with food and eating, please consider joining one of [our coaching groups](#) to get help in thinking differently so you can Start acting differently!